



Summer Swim Lessons



Join the Park Center's Swimming & Water Safety Program!

Our goal is to teach children safe practices and swimming skills in, on and around water, while having fun. All lessons are taught by certified American Red Cross Water Safety Instructors and include 8-thirty minute lessons. In order to improve the quality and effectiveness of Swim Lessons participants should be registered for the ap-

Ages: 6 months - Adult

Cost: Resident/Non-Resident: \$30/\$35



Monday-Thursday Mornings

Session Dates

- | | | |
|--|------------------|---|
| 1 | June 9 - 19 | (Registration Dates: May 1, 5am - <u>Deadline June 6</u>) |
| 2 | June 23 - July 3 | (Registration Dates: June 13, 5am - <u>Deadline June 20</u>) |
| 3 | July 7 - 17 | (Registration Dates: June 27, 5am - <u>Deadline July 4</u>) |
| 4* | July 21 - 31 | (Registration Dates: July 11, 5am - <u>Deadline July 18</u>) |
| No class July 24 1st week will run M,T,W,F | | |
| 5 | August 4 - 14 | (Registration Dates: July 25, 5am - <u>Deadline August 1</u>) |



Tuesday/Thursday Evenings

Session Dates

- | | |
|---|----------------|
| 1 | June 3 - 26 |
| (Registration Dates: May 23, 5am - <u>Deadline May 31</u>) | |
| 2* | July 8 - Aug 5 |
| (Registration Dates: June 20, 5am - <u>Deadline July 5</u>) | |
| *No class July 24 | |

Saturday Mornings

Session Dates

- | | |
|---|--------------------|
| A | June 14 - August 2 |
| (Registration Dates: May 12, 5am - <u>Deadline June 11</u>) | |

Swim Lesson Level Chart

Guppies: (6 months-4 years, Parent/Tot)

No water experience necessary; swim diaper and plastic pant is required for participants under 3 years.

Must be 3 to participate in Levels 1-6

Starfish (Level 1): Child has limited or no water experience.

Jellyfish (Level 2): Child is able to perform all listed: Submerge to mouth and blow bubbles.
Float on front/back (w/ assistance) and recover to standing position.

Seahorses (Level 3): Child is able to perform all listed: Submerge completely, Jump into water over head without assistance, knows basic arm and leg actions for Freestyle, Backstroke, and Elementary Backstroke.

Sea Rays (Level 4): Child is able to perform all listed without assistance:
Glide on front/back 2 body lengths Float on front/back for 5 seconds.
Perform Freestyle w/ side breathing, Backstroke, and Elementary Backstroke for 2 body lengths.

Sharks (Level 5): Child is able to perform all listed without assistance:
Swim 15 yards Freestyle w/ side breathing, Backstroke, and Elementary Backstroke
Float on front/back for 15 seconds, Tread water for 1 minute.

Dolphins (Level 6): Child is able to perform all listed:
Swim 25 yards Freestyle w/ side breathing, Backstroke, Elementary Backstroke, Swim 15 yards Breaststroke
Tread water for 2 minutes, Float on front/back for 30 seconds.

Adult Beginning: Participant has limited or no water experience.

Adult Intermediate: Participant has some water experience, comfortable in deep water and has basic stroke knowledge.





Murray City Summer Swim Lesson Registration Form



Participant's Name _____
 Age _____ Male or Female Birthdate _____ Grade _____ School _____
 Address _____ City _____ Zip _____
 Parent/Guardian Name _____ Home Phone _____
 E-mail _____ Work Phone _____
 Emergency Contact _____ Relation _____ Phone Number _____
 Cost (per participant, per Session) Resident \$30 Non-Resident \$35

Has participant taken Swim Lessons before? No _____ Yes _____ Last Level Completed _____

Session number: _____ Time: _____

Level: _____ Preferred Instructor: _____

If your child is registered for the incorrect class, there may not be space to move them to the correct class.

There will not be scheduled make-up lessons for missed classes.

Registrations will not be accepted after the deadline.

Refunds will not be given after first day of class.



Tuesday & Thursday Evenings

Session Dates

1 June 3-26 (Deadline May 31)

2 July 8-Aug 5 (NO July 24) (Deadline July 5)

4:00-4:30	4:35-5:05	5:10-5:40	5:45-6:15	6:20-6:50
All Levels	All Levels	All Levels	All Levels	All Levels
		Guppies	Adult Beginning 5:45-6:20	Guppies & Adult Intermediate 6:25-7:00

Saturday Mornings

Session Dates

A June 14-August 2 (Deadline June 11)

9:00-9:30	9:35-10:05	10:10-10:40	10:45-11:15	11:20-11:50
All Levels	All Levels	All Levels	All Levels	All Levels
Adult Beginning	Guppies	Adult Beginning	Guppies	Adult Intermediate

Monday-Thursday Mornings

Session Dates

1 June 9 - 19 Deadline June 6

2 June 23 - July 3 (Deadline June 20)

3 July 7 - 17 (Deadline July 4)

4* July 21 - 31 (Deadline July 18)

*No class July 24

5 August 4 - 14 (Deadline August 1)

11:10-11:40 AM	11:45 AM-12:15 PM
All Levels	All Levels
Guppies	Guppies



Does the participant have any limitations? No/Yes If yes, please explain: _____

I have received and signed the Murray City concussion policy: Yes _____ No _____

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which I, as the participant, (or my child) may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, and agree to all of their terms and conditions.

Signature of Parent/Guardian _____

Date _____

202 E Murray Park Ave
Murray, Utah 84107



PARK-CENTER

Office Use Only		
Paid \$ _____		
CASH	CHECK	VISA
DISC	AMEX	MC
Date _____	Staff _____	

(801) 284-4200

www.murray.utah.gov